



Counselling Resources Information

Project Title: Qualitative Study on the Health and Well-being of Families of Canadian Armed Forces Veterans with Mental Health Problems

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Please see below for mental health resources nationally and in your province.

Veterans Affairs Canada Assistance Service

A voluntary and confidential services for Veterans and their families with 24 hour service, 365 days per year. <http://www.veterans.gc.ca/eng/contact/vac-assistance-service>

1-800-268-7708

1-800-567-5803 (TDD)

Veillez consulter la liste suivante pour trouver des ressources aux niveaux national et provincial.

Provincial Mental Health Crisis Lines

Newfoundland: 1-888-737-4668

Nova Scotia: 1-888-429-8167

New Brunswick: 1-800-667-5005

Prince Edward Island: 1-800-218-2885

Quebec: 1-866-APPELLE (277-3553)

Ontario: 1-866-531-2600

Manitoba: 1-888-322-3019 (crisis and non-crisis), 1-877-435-7170 (suicide crisis line)

Saskatchewan: 811 (province wide professional health advice)

Alberta: 1-877-303-2642

British Columbia: 310-6789 (no area code required)